

Gerald and George's PE Project

Day 1: Cardio

-10 minutes of elliptical



-10 minutes bike



-10 minutes of treadmill



-8 minutes of stairmaster



-2 minutes of jumping rope





-2 minutes of a line of hurdles

-high knees

-jumping with legs together



-2 minutes of agility ladder



-2 minutes of box jumps

Day 2: Strength

-15 minutes of your choice of Cardio machine



10 minutes of lower body (w/ breaks between sets):



-4 sets of 10 reps for leg press



-4 sets of 10 reps for adduction/hip abduction



-4 sets of 10 reps for leg curl



-4 sets of 10 reps for leg extension
10 minutes of upper body:



-4 sets of 10 reps for compound row



-4 sets of 10 reps for lat pull down



-4 sets of 10 reps for bicep curl



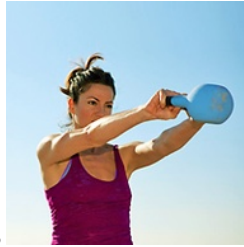
-4 sets of 10 reps for military press
10 minutes of free weights:



-4 sets of 10 reps for triceps



-4 sets of 10 reps for biceps



-4 sets of 10 reps with kettle balls



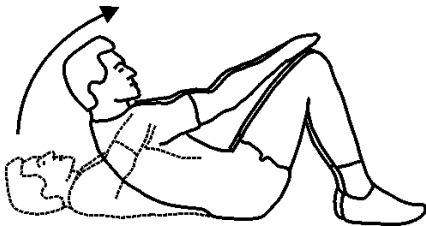
-4 sets of 10 reps for squats with the weights

Day 3: Floor

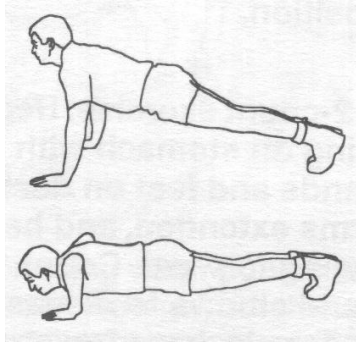
-15 minutes of your choice of Cardio machine



-25 crunches



-10 push ups

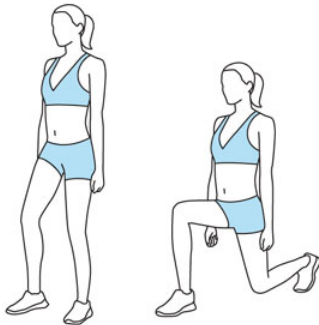


-25 squats



-2.5 minute rest

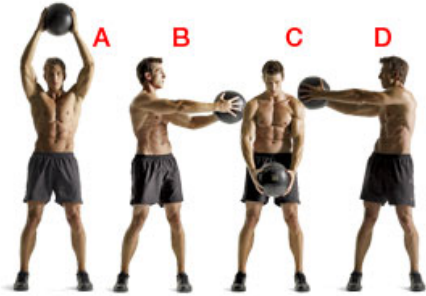
-10 lunges per side



-15 frog jumps



-5 reps with the medicine ball



-2.5 minute rest

-20 minutes of yoga

-7 minutes of vinyasa flow yoga

<http://www.youtube.com/watch?v=oUEiyyWG7og>

-7 minutes of power yoga

http://www.youtube.com/user/LivestrongWoman?v=V_ngi5RHP7c

-3 minutes of core yoga

<http://www.youtube.com/watch?v=DXeF7J1YyPc>

-3 minutes of relaxation yoga

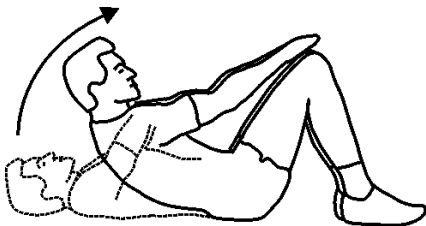
<http://www.youtube.com/user/LivestrongWoman?v=dn8TOat-3Cg>

Day 4: Mix

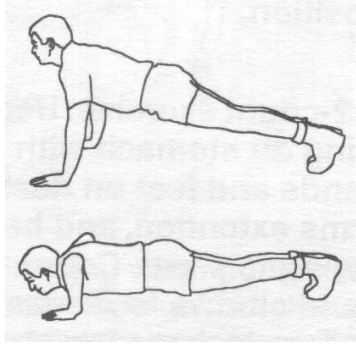
-15 minutes of your choice of Cardio machine



-2 sets of 25 crunches



- 2 sets of 10 push ups

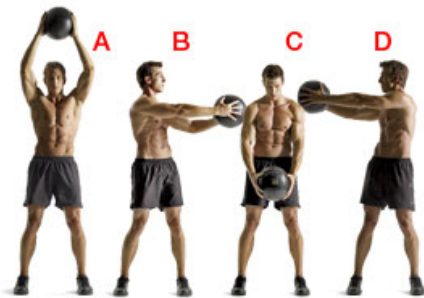


-2 minutes of rest

-3 sets of 10 squats



-3 reps of 10 medecine ball



-5 minutes of upper body:

-4 sets of 10 reps for compound row



-4 sets of 10 reps for lap pull down



-5 minutes of lower body:
-4 sets of 10 reps for leg press



-4 sets of 10 reps for hip adduction/hip abduction



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